



Rose Petals

Build a Better World for Women and Girls

November 2023

**My wish for you
is that you continue.
Continue to be who and
how you are, to astonish
a mean world with
your acts of kindness.
Continue to allow humor
to lighten the burden of
your tender heart.**

—MAYA ANGELOU



President Alissa's Message

Dearest Zontians,

As we gather around our tables this Thanksgiving season, let us take a moment to reflect on the blessings of friendship and gratitude that fill our lives. In a world that often seems filled with challenges and uncertainty, the bonds of friendship provide us with unwavering support, encouragement, and joy. We are truly fortunate to have each other, for our Zonta Club is a haven of camaraderie, understanding, and shared purpose.

As we express our gratitude for the many gifts in our lives, let us also remember the profound impact we have on one another. Our acts of kindness, our words of encouragement, and our unwavering support make a world of difference in the lives of those around us. This Thanksgiving, let us strive to be the embodiment of Zonta's ideals, empowering women and improving the lives of others.

Throughout the year, we have witnessed the extraordinary power of friendship and gratitude in action. We have seen the transformative impact of our service projects, the unwavering dedication of our members, and the inspiring stories of women who have overcome adversity and achieved great things. These moments remind us that even in the face of challenges, there is always something to be grateful for.

As we gather with loved ones this Thanksgiving, let us cherish the friendships that enrich our lives and express our gratitude for the opportunities we have to make a positive difference in the world. May this season be filled with warmth, joy, and the spirit of Zonta.

With heartfelt gratitude ~Alissa



Club President Alissa Pruess thanking Rachel Espy for providing updates on SAFE at the October 20th program meeting. Rachel is the Executive Director of SAFE and a member of Zonta!

Kindness matters

World Kindness Week ~ November 13-19 ~ is a perfect time to write a note of thanks, run an errand for someone or pay for a stranger's coffee. And showing kindness can make you feel great too.

The What, When, Where, Why and How ~

As we set out to attack our fundraising for the year, we are celebrating 70 years as a successful club with a strong presence in our community! The old timers can cite the many great projects we have worked hard on, and the new members can look forward to contributing **ENTHUSIASTICALLY!!!** There are many impactful projects to reminisce about, yet we can all agree that **academic scholarships for women is the strongest, long-standing program we have consistently supported** over the years with hundreds of thousands to dollars raised and awarded! This year we have committed to raise \$15,000 for general scholarships and \$10,000 to receive the generous match for the Patty Barton Scholarship from Jon Barton! Here we go!

At the October 20th club program meeting a quick survey was completed asking members their preference for fundraising in the 2023-2024 club year. The results were not ambiguous. **2-3 smaller events a year was the resounding preference.** The committee is starting with their focus on a dinner/auction event in February and the tea party education fundraiser in the spring. Let's talk about the dinner/auction.

Planning for this event has begun! Budgeting is top on the "to do" list. We hope to raise a net \$18,000! We expect to ask members to pay \$100 per ticket to attend the fundraiser and to bring your friends to reach our attendance goal of 100! There will be a small silent auction (goal 20 items), **appeal for scholarship funds - for sure**, a raffle, and of course some wining and dining. Mark your calendars for February 17, 2024. Location is still being researched- top contenders – Wildflour Pub and The Mill Casino. Let's make sure to have some fun with the process and at the event! Everyone is invited to help, and expectations are high ~ That's the way this club rolls!

Along with the scholarships, the club fundraising supports Girls Rock in Tool & Trade-GRITT, Dignity Bags, Advocacy work and Zonta International programs. These exist because we are generous, our community is generous, and our reputation is solid. Our club energy via our members allows us to **fundraise successfully. We have 70 years to prove it!**

Remember to talk up our programs when asking for support from your friends and our local businesses. If they need more information, refer them to the club website: www.zontacoosbayarea.org. Fundraising is how we make our programs successful. Dig deep to remember why you joined Zonta. It makes the ask all that much easier. **THANK YOU FOR YOUR SUPPORT OF YOUR CLUB!**

Our mission: Build a Better World for Women and Girls.



Build a Better world for Women and Girls

My husband and I took a vacation trip to Maine this fall. During this time, I had to fly down to DC for a day to attend my grandfather's funeral mass. Joe had become ill and while he wasn't traveling with me, he was too sick to drive me to the airport. It also became clear that we would be staying longer as part of the trip was to help my mother-in-law who is in assisted living. We did not want her to get sick but still had to accomplish a lot in our time there. I reached out to the inn where we were staying to extend our trip. While they were unable to extend due to bookings, the owners went above and beyond to make sure we had everything we needed. They offered to bring Joe supper or medication in my absence. I too became ill and we both spent a few days in bed. The owners again reached out to assist. We have plenty of family there, so we were certainly not worried. No way to spend a vacation but the genuine kindness of strangers going above and beyond meant a lot to us. ~ Rennie MacNeille

It is so easy to overlook acts of kindness coming our way. We rush through our day focused on the many things we must do (or we think we must do). I usually think of an act of kindness as something someone does for me. Open the door, help me lift something, pick up something I dropped. I was attending a fundraiser this week, and a total stranger walked up to me, took my arm and said "I just want you to know how great you look. Your hair, your colors, your boots-it all works and looks amazing." It happened so quickly; I said thank you; and went on my way. It wasn't until the next day thinking about it, that I recognized that an act of kindness can be a person doing something for us, but it may be a person saying something nice to us that brightens our day or makes us feel special. Saying hello, asking someone how they are doing, sharing a compliment ~ always feels good both for the giver & the receiver! It makes us feel as if our presence in the world matters. It gives us confidence and puts a smile on our face. It makes us feel connected to one other.

~ Shirley MacAdam

CALENDAR

- **November 14**
NB City Hall Proclamation
- **November 16**
Evening Program Meeting
- **November 25 – Dec. 10**
16 Days of Activism
- **November 30**
Board Meeting via Zoom
- **December 1**
Club Meeting- CB Fire Hall
- **December 5**
CB City Council Proclamation
- **December 10**
Hosting Shore Acres
- **December 15**
Program Meeting
Coastal Relief Nursery
- **December 16**
Bellringing at Fred Meyer

EVENING MEETING – NOVEMBER 16TH



**ZONTA SAYS NO
TO VIOLENCE
AGAINST WOMEN**

During the 16 Days of Activism against Gender-Based Violence, all Zonta clubs and districts are encouraged to take part in the Zonta Says NO to Violence Against Women campaign and to take local, national, and international actions to influence the making and implementation of laws, as well as changing gender-based attitudes and behaviors to end violence against women."

Join us on Thursday, November 16th at 5:30pm when we will present an overview of the 16 days and our plans as a club.

South Coast Hospice Gathering Room
1620 Thompson Road, CB - Benetti's famous soup, and local homemade breads provided.



Every Member Every November ~ Nov 1-30

This November join Zontians around the world and show support for women and girls through the Zonta Foundation for Women Every Member Every November District Challenge. This friendly fundraising competition where Zonta districts compete to raise the most money for the Zonta Foundation for Women will take place between November 1-30 by increasing the monthly recurring donations of at least \$10. Donations will go to the International Service Fund which supports programs that focus on girls' education, adolescent girls' health, preventing early marriage and eliminating other forms of violence against women and girls.

- https://www.zonta.org/Web/Your_Support/Foundation_Campaigns.aspx



New Member Meeting ~ Nov 16

There are two virtual meetings available, to register: www.zonta.org under "Events".

ZONTA SAYS NOW INTERCONTINENTAL THINK TANK ~ Nov 19

All members are welcome to join the Zonta Says NOW to Gender-Equal Climate Action Intercontinental Think Tank. Come share your ideas and gather inspiration on how we can address Gender-Equal Climate Action NOW! If you miss this session, there is another one on Dec 17, 2023. www.zonta.org under "Events".

16 Days of Activism (Nov 25)

During the 16 Days of Activism against Gender-Based Violence, 25 November–10 December, all Zonta clubs and districts are encouraged to take part in the **Zonta Says NO to Violence Against Women** campaign and to take local, national, and international actions to influence the making and implementation of laws, as well as changing gender-based attitudes and behaviors to end violence against women and girls.

<https://www.zonta.org/images/docs/MyZonta/Tools/AdvocacyTools/ZontaSaysNOToolkit.pdf>

As the current Service Committee Chair, I found myself being involved for the first time in some of the amazing projects our Club has supported for years. One of them is providing dignity/hygiene bags to support women who are victims of domestic abuse through the SAFE Project.

My understanding was for the past few years, many of the products for these bags were purchased in bulk on-line. I came into the timeline a little late, so I thought okay, I have 8 days to get the products delivered so we could assemble. Well, turned out, the previous bulk ordering was no longer available. I'm certain there are many ways to get this done on-line but with the limited timeframe I was up against, I decided the products would be bought in-store.

It took about an hour to get into the swing of cost comparing products on the list and quantities on hand. But once I got going, as carts were being filled, I experienced genuine kindness, compassion, and a spirit of generosity. Shoppers would smile, stop and ask what I was doing, some just said "whatever you're doing, thank you" and just kept shopping. Employees helped pull additional quantities if available, guard my filled carts or went over and above during check out or helping to load my car. By spending a few hours in the stores versus the convenience of on-line shopping, I had the unexpected privilege and pleasure of sharing about Zonta and the Safe Project with at least 25-30 people.



Bags donated by Coos Health & Wellness



ZONTA
SAYS NO
TO VIOLENCE AGAINST WOMEN

October is Domestic Violence Awareness Month
Zonta Coos Bay Area assembled & donated 50
Dignity Bags for the SAFE Project to benefit
Survivors of domestic violence



My childhood was a very happy phase in my life. Born and raised in Bogotá, Colombia, I went to an English-speaking school to learn the language. I experienced a multitude of ethnicities, cultures and languages and had many friends. I finished High School in Madrid, Spain. Bachelor of Art in languages and a master's degree in Linguistics, San José State University. Master's degree Military Science, U.S. Army. We have been married for 37 years. No children. I taught at San José State University, California. Active-duty US Army 7 years and retired as Reserve Officer with 30 years. Work in telecommunications for 25 years for AT&T. Taught at Santa Clara University, Santa Clara, California for 10 years.

Zonta Coos Bay Area Honoring All Who Served
including our club members:



Arnold Hill, Sr. Airman 86-80 US Air Force
Travis AFB, Fairfield, CA



LTC Maria C Gonzalez-Santos,
US Army Retired, Fort Lewis, WA

The one thing I would like to change in the world is more respect for women of all walks of life. Like Zonta, I believe that education is critical for all and particularly for girls and women everywhere.

In 1976 the Women's Army Corp was disbanded and all incoming female officers were merged with male West Point lieutenants, recent graduates of the academy. From that moment on, most (but not all) career paths, training and promotion requirements were unisex. Most of the newly commissioned female officers, (like myself) had transitioned from a civilian career to the military. This was a learning experience for the women and the men.

However, I soon realized that the women had the "heads up" when it came to managing personnel and fomenting a professional and functional unit, because we had those skills already. We had to learn the organizational structures and how they work and complement each other (just like any company big or small in the civilian world).

Early on my biggest obstacle was remembering the language of acronyms, their meaning and the plethora of abbreviations used daily in the spoken and written form. For examples ETA is the estimated time of arrival, AWOL is away without leave, etc. I arrived at my first duty station of assignment at Fort Lewis, WA and I had to register my privately owned vehicle (POV). I got to the MP (military police) station and requested the form to register my POW (prisoner of war). All three personnel vanished, and I immediately realized what a good laugh they were having in the back room. I am sure they referred to me as Lieutenant POW, because at the time there were only 8 female officers at Ft. Lewis. I validated that fact four years later at the same MP station when I filled out my name as Cpt (captain) Maria POW! We all had a good laugh!!! I was now off to Wiesbaden, Germany!

Excited to share that Z Club has chosen the environment as their issue this year --- last year it was drugs/alcohol and the year before it was mental health. In addition to the \$5,000 granted to them from the Oregon Community Foundation (the program called "Community 101") to give to community non-profits which address the issue, the students are required to add to the funds with a fundraising activity and to do a related service project.

As a "kick-off" to their work, Trish Mace from OMIB/Marine Life Center spoke to the club members about local environmental issues in our area, specifically relating to our estuary. Next, the Z-clubbers will be doing research on which programs are working here on protecting our environment. Then the club will

solicit applications for the funds from the qualified non-profits, do field trips and/or have representatives come to their meetings to talk about their programs and how they would use the money, and ultimately determine the allocation of the funds.



Depending on what service project and fundraiser they develop, we may need to call on Zonta members to help! Stay tuned for more information!

Happy Birthday Zontians



November

| | |
|---------------------|------------------|
| Tammy Dalton | 5 th |
| Jan Delimont | 5 th |
| Margery Whitmer | 8 th |
| Zonta International | 8 th |
| Sherry Horne | 10 th |
| Sheila Wilma | 16 th |

December

| | |
|-----------------|------------------|
| Frances Smith | 2 nd |
| Gidget Walters | 10 th |
| Arnold Hill | 20 th |
| Julie Brecke | 26 th |
| Melinda Johnson | 27 th |

Nikki Wright

2020



I am currently a senior at Southern Oregon University, and I am taking 16 credits this term. After the completion of this term, I need 16 credits to graduate with only two required classes. I will be completing my degree officially this spring and walking during commencement this summer in June. This term I am taking elective course credits and working on my internship and practicum. I am able to use my work with Oregon Judicial Department as my internship credits. Knowing that I am closing in on the finish line, I have plenty of mixed emotions.

Since beginning my journey in March of 2020, I have learned many new things which I have been able to apply to my work and use to advance myself within OJD.

Ten years ago, when I started with OJD I began in an entry level position. Today, I am working as an analyst on the administration team. I have made this transition due to my experience with OJD because I earned my associate degree and am nearly completed with my bachelor's degree. Although, I remember sitting with Judge Jacquot just a few short years ago, merely thinking about going to college. With her encouragement I started at SWOCC and because of Zonta and the Patty Barton Scholarship I have been able to continue this path.

Being blessed with supportive people in my life like Judge Jacquot, our local Zontians, and the Barton family helped to give me the confidence to take the steps necessary to start, continue, and soon finish my journey.

With gratitude, Nikki Wright



Jasmine Herrera

2021



I am happy to share the progress I've made since your generous support as I continue my journey in nursing and now as a new graduate nurse. I currently work full-time as a nurse, providing essential care to those in need. Thanks to your contributions, I acquired the knowledge and skills necessary to make a difference in my patients' lives during my time in nursing school. As I begin my journey towards becoming a nurse practitioner, I feel hopeful and determined. I am also a full-time student at OHSU's RN to BSN nursing program.

I am incredibly grateful for your ongoing support in helping me achieve my dream of advancing my education and expanding my role in patient care. Your investment in my education has transformed my life and significantly impacted the countless patients I care for. Your generosity has provided me with growth opportunities that I am profoundly grateful for, and I am excited to achieve more milestones in my career with the invaluable assistance of the scholarship. Thank you again for your continued support. Thank you for believing in me and empowering me to pursue my professional and educational goals.

Linda Robbins 2022



I have been on the Dean's List (GPA 3.60 or higher) the entirety of my time at GCU and I hope to continue on the same path of academic success. Right now, I am projected to graduate June of 2025 but if I double my courses again (which is possible due to my maintained GPA) I will be able to finish my program by the end of 2024.

I am feeling much success in my second year as I am now familiar with the curriculum and routines of the school. In my position as a preschool teacher, I am building strong relationships with my new students and maintaining strong relationships with my students from last year who are navigating their way into kindergarten.

This scholarship has made all this possible for me and I could not be more grateful. My husband and children also are extremely grateful as they can see the stress relief, I have from receiving this funding toward my educational and career journey.

Courtney Jeffs 2023



I am happy to announce that my first year at Portland State University, ending in summer term, was an absolute success. I could not have it without the help of the Zonta Club and the Patty J. Barton scholarship.

Following the completion of my junior year, I look forward to the next and last year of my higher education at PSS. Although a year passes quickly, I would like to make the best of my time by applying my learned skills to work on my career, volunteer with the community and continue to strive in my studies.

With this update, I 'm preparing to apply to a PSU advertising agency program, FIR Northwest, which connects students with several advertising agencies in Portland.

I've been focusing on my volunteering efforts and have applied to volunteer again at the Portland State Food Pantry. I really enjoyed helping those in need when I volunteered with the program last year, and since the program has moved buildings and lost staff due to graduation, they have run into an increased need for individuals.

Looking ahead, I am excited to be graduating in June 2024 with a double major in advertising and marketing management. I could not have come this far without the help of the PJB Scholarship Committee, and I could not be more grateful for their assistance in my educational journey.



Alhana McNutt has received a \$4,200 award to attend Oregon State University as a junior this fall and plans to study Environmental Engineering Technology/Environmental Technology. She is from Lakeside and graduated from North Bend High School in 2021. Her first two years of college were through SWOCC.

In her application she wrote: "I am an immensely active member of my tribe. I volunteered for elders' events, babysat for parent education workshops, and worked in the kitchens during youth camps. I love helping my community and seeing the smile on their faces. I participate in beading circles knowing the necklaces we make there will be given out to other tribes as gifts during Canoe Journey. My tribe is my family, my community, and although I went to a public school the Confederated tribes of Coos, Lower Umpqua, and Siuslaw Indians (CTCLUSI) taught me what was important in life. They raised me alongside my parents, and I want to give back to them and be a part of raising the next generation." In explaining her choice of environmental engineering, she wrote: "I have a passion for both the planet and the people on it. By studying Human Environment Interaction, I hope to make the world a better place for both humans and the environment. I want to find ways to use energy more efficiently and better coexist with the land we walk on and the water that flows through it."

Barbara Anderson and other family members, along with many Zontians and community members, honored long time Zontian Laura Lee's memory by establishing the Laura Lee Blenz/Zonta Engineering Scholarship for young women from Coos County, administered through the Oregon Community Foundation. The scholarship fund will be perpetual, with interest only awarded to winner(s) each year. Paula Bechtold coordinates the scholarship with the Oregon Community Foundation, and is assisted on the committee by Zontian, Anne Medhus Westbrooks. The other three committee members are local engineers: Shannon Souza, Jan Kerbo and Barbara Negherbon.

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